

# Goals, Interventions, Objectives

## Anxiety: Treatment Planning Tool

25 Goals  
each with  
interventions &  
objectives!

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**Anxiety**  
Goals, Interventions & Objectives

**Goal:** Anxiety will no longer be at a clinical level and client will demonstrate improved functioning.

**Interventions:**

- Focus on developing a level of trust with the client.
- Provide psychoeducation on anxiety.
- Implement assessment tools.

**Objectives:**

- Identify and verbalize top sources of anxiety, fears, and concerns and 3 coping skills for managing anxiety.
- Able to work with when anxious over 50% of the time within 4 weeks of therapy.
- Client will show a decrease in anxiety from \_\_\_\_\_ to \_\_\_\_\_ on an anxiety measurement tool over a 12-week period.
- Scores on the Severity Measure for Generalized Anxiety Disorder will decrease from 50 currently to 10 or less by \_\_\_\_\_.
- Able to engage successfully in 1 identified activity that was once avoided due to anxiety symptoms.
- Increase functioning as indicated by subjective report of anxiety free days 5 days per week.
- Report a decrease in overall frequency and intensity of anxiety response so that daily functioning is not impaired.
- Take medication as prescribed.

**Goal:** Reduce overall frequency, intensity, and duration of anxiety so that daily function is not impaired.

**Interventions:**

- Teach client how to recognize and avoid triggers.
- Teach CBT to identify and challenge negative thought patterns.
- Discuss how "worry time" can be an effective tool in managing anxiety.

**Objectives:**

- Describe the situations, thoughts and feelings that impact functioning and attempt to plan.
- Attend at least 10 sessions of cognitive behavioral therapy (CBT) to identify and of negative thought patterns, practice relaxation techniques, and develop coping skills anxiety symptoms. Track progress by using validated self-report measures of anxiety functional impairment before and after each session, and set specific goals for reducing frequency, intensity, and duration of anxiety between sessions.

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# Measurable Treatment Goals

**SA Adler**



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## **Table of Contents Measurable Treatment Goals**

1. Understanding the eBook Measurable Treatment Goals
  - The Rise of Digital Reading Measurable Treatment Goals
  - Advantages of eBooks Over Traditional Books
2. Identifying Measurable Treatment Goals
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Measurable Treatment Goals
  - User-Friendly Interface
4. Exploring eBook Recommendations from Measurable Treatment Goals
  - Personalized Recommendations
  - Measurable Treatment Goals User Reviews and Ratings

- Measurable Treatment Goals and Bestseller Lists
- 5. Accessing Measurable Treatment Goals Free and Paid eBooks
  - Measurable Treatment Goals Public Domain eBooks
  - Measurable Treatment Goals eBook Subscription Services
  - Measurable Treatment Goals Budget-Friendly Options
- 6. Navigating Measurable Treatment Goals eBook Formats
  - ePub, PDF, MOBI, and More
  - Measurable Treatment Goals Compatibility with Devices
  - Measurable Treatment Goals Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Measurable Treatment Goals
  - Highlighting and Note-Taking Measurable Treatment Goals
  - Interactive Elements Measurable Treatment Goals
- 8. Staying Engaged with Measurable Treatment Goals
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Measurable Treatment Goals
- 9. Balancing eBooks and Physical Books Measurable Treatment Goals
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Measurable Treatment Goals
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Measurable Treatment Goals
  - Setting Reading Goals Measurable Treatment Goals
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Measurable Treatment Goals
  - Fact-Checking eBook Content of Measurable Treatment Goals
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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